

# TeachME Professional Development

## Suicide Prevention Guide for Schools

**1. Which of the following is NOT considered a risk factor for youth suicide?**

- A. Previous suicide attempts
  - B. Racism and discrimination
  - C. Academic struggles
  - D. Family problems
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**2. Which of the following is a myth about youth suicide?**

- A. Early identification and intervention make it possible to help someone before they attempt suicide
  - B. Talking about suicide can be a plea for help and it can be a late sign in the progression towards a suicide attempt
  - C. Asking at-risk individuals if they are suicidal can lower anxiety, open up communication, and lower the risk of an impulsive act
  - D. Youth will show signs of extreme depression or anxiety before attempting or completing suicide
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**3. Which of the following is NOT considered a protective factor for the general youth population?**

- A. Above average intelligence
  - B. Interpersonal skills
  - C. Interests and activities
  - D. Positive relationships
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**4. Identify two of the unique risk factors that LGBTQ+ experience.**

- A. Limited access to healthcare and poverty
  - B. Personally significant dates and drug withdrawal
  - C. Isolation from peers and victimization
  - D. Acculturation issues and poor educational experiences
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**5. Which of the following is true about youth suicide?**

- A. If a person attempts suicide and survives, they won't try again
  - B. In most suicide deaths there are warning signs in the individual's behavior or conversations beforehand
  - C. If a person really wants to commit suicide, there's no way to stop them
  - D. Suicide attempts and deaths usually happen without warning
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**6. American Indian/Alaska Native (AI/AN) experience which of the following unique risk factors?**

- A. Personally significant dates
  - B. Isolation from peers
  - C. Intersectionality
  - D. Acculturation issues
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**7. Maribel has a rough home life. Her mother is absent and her father works three jobs to care for her and her brother. However, Maribel is the editor for the school newspaper, and is also on the soccer team. She also has a close relationship with her journalism teacher, who supports and encourages her. Which protective factors appear to be the most relevant for Maribel?**

- A. Access to healthcare and resilience
  - B. Positive relationship with a trusted adult and interests and activities
  - C. Restricted access to lethal means and family connectedness
  - D. Intrapersonal skills and positive relationships
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**8. Which of the following is NOT in the scope of the school's role in suicide prevention?**

- A. Provide students with training to strengthen coping, problem-solving, self-regulation, and decision making strategies
  - B. Include clear anti-bullying statements in their disciplinary policies and overall school culture
  - C. Ensure that at risk students and their family members are receiving outside counseling services
  - D. Safely communicate with a student who might have suicidal feelings
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**9. Marcos is a 15-year-old African American transgender youth. Marcos has a great support system but experiences unique challenges due to being transgender and African American. Which of the following describes Marcos' unique challenges?**

- A. Cultural continuity
  - B. Lack of affirming space
  - C. Minority-Stress Theory
  - D. Intersectionality
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**10. Which is NOT a key risk factor for youth in the juvenile justice or welfare systems?**

- A. Poor healthcare
  - B. Emotional and behavioral disorders
  - C. High risk periods (e.g. legal hearings, personally significant dates)
  - D. Less access to positive support and resources
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**11. John is a 13-year-old that has been diagnosed with depression. However, his dad does not believe in “mental health” issues and tells John to get over it. Which two risk factors are most obviously present in John’s situation?**

- A. Mental health condition and stigma
  - B. Access to lethal means and previous suicide attempts
  - C. Negative peer relationships and poverty
  - D. Suicide imitation and drug/alcohol abuse
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**12. Which of the following is NOT true about youth suicides?**

- A. Following the announcement of covid-19 and mitigating measures being put in place, emergency room visits for adolescent suicide attempts increased significantly
  - B. Young children don’t experience real depression or have legitimate suicidal thoughts
  - C. Identifying suicide warning signs and connecting students to the appropriate help and resources are keys to early identification and intervention
  - D. Suicidal thoughts and attempts can happen to anyone regardless of gender, race, age, upbringing, education level, ethnicity, or other demographic, lifestyle or socio-economic factors
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**13. What is the overarching goal of universal strategies for suicide prevention in schools?**

- A. Promote well-being and provide a safe/supportive environment for students and staff
  - B. Target specific students at-risk and provide intervention
  - C. Refer students at-risk and teach them SEL skills
  - D. Provide community mental health resources
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**14. What is one of the key protective factors consistent among youth in the system, LGBTQ+ youth, and the general youth population?**

- A. Affirming spaces
  - B. Cultural continuity
  - C. Supportive adult relationship
  - D. Academic support
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**15. Which of the following is NOT an example of the school’s role in suicide prevention?**

- A. Using trauma-informed pedagogy
  - B. Having open communication about mental health and suicide
  - C. Providing easy methods for reporting students at risk
  - D. Including suicide awareness and prevention in teacher preservice programs
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**16. Bianca’s father was recently incarcerated, causing her and her mother to have to find a new place to live. Some peers at school heard about Bianca’s dad and spread rumors about her family,**

**making school very unpleasant. Which risk factors are present in Bianca's situation?**

- A. Lack of access to healthcare and mental health disorders
  - B. Traumatic events in the home and bullying
  - C. Stigma and poverty
  - D. Previous suicide attempts and peer rejection
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**17. Which of the following is NOT an accurate statement about youth and suicide?**

- A. Suicide is often preventable, and suicidal ideation can be short-lived and situational
  - B. There are almost always warning signs before a suicide attempt, but oftentimes the warning signs are not recognized
  - C. When a young person talks about feeling suicidal, it should always be taken seriously
  - D. Professionals have been able to develop a general profile for someone who is suicidal or might have suicidal thoughts
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**18. Which is NOT an example of a universal strategy for suicide prevention?**

- A. Student awareness and skills training
  - B. Positive school climate
  - C. Targeted intervention
  - D. Teacher and personnel training
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**19. Zachary is in his sophomore year of high school and had previously been a dedicated basketball player. Recently he started skipping practices because he "just doesn't feel like going." He has also made grim posts on social media about being a burden to others. Which warning signs are present in Zachary's situation?**

- A. Self destructive behavior and making final arrangements
  - B. Threats and suicide plan
  - C. Ideation and mood/behavioral changes.
  - D. Feelings of unbearable pain and threats
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**20. Which of the following summarizes some of the key roles that schools play in suicide prevention?**

- A. School staff is trained to counsel students in crisis and contact parents appropriately.
  - B. Schools ensure that students have access to mental healthcare.
  - C. Schools must employ enough mental health professionals to serve students.
  - D. School staff is trained to recognize warning signs of students at risk and make appropriate referrals.
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